

Muscles Test- Thursday October 8th

Memorize muscles of ACB

- Hamstrings
- Quadriceps
- Gluteals
- Soleus
- Rhomboids
- Rotator Cuff
- Abdominals

Portfolio Letters-  
Tuesday after  
Thanksgiving

Naming Muscles- What name means ie. deltoids

Types of Muscle

Facts of Skeletal Muscle

Categories of Muscle (Agonist...)

Reciprocal innervation

Hypertrophy and Atrophy

Types of Stretching

Muscle Spindles and Golgi Tendon Organs

Muscle Microstructure - Sliding Filament Theory

Sep 26-2:00 PM